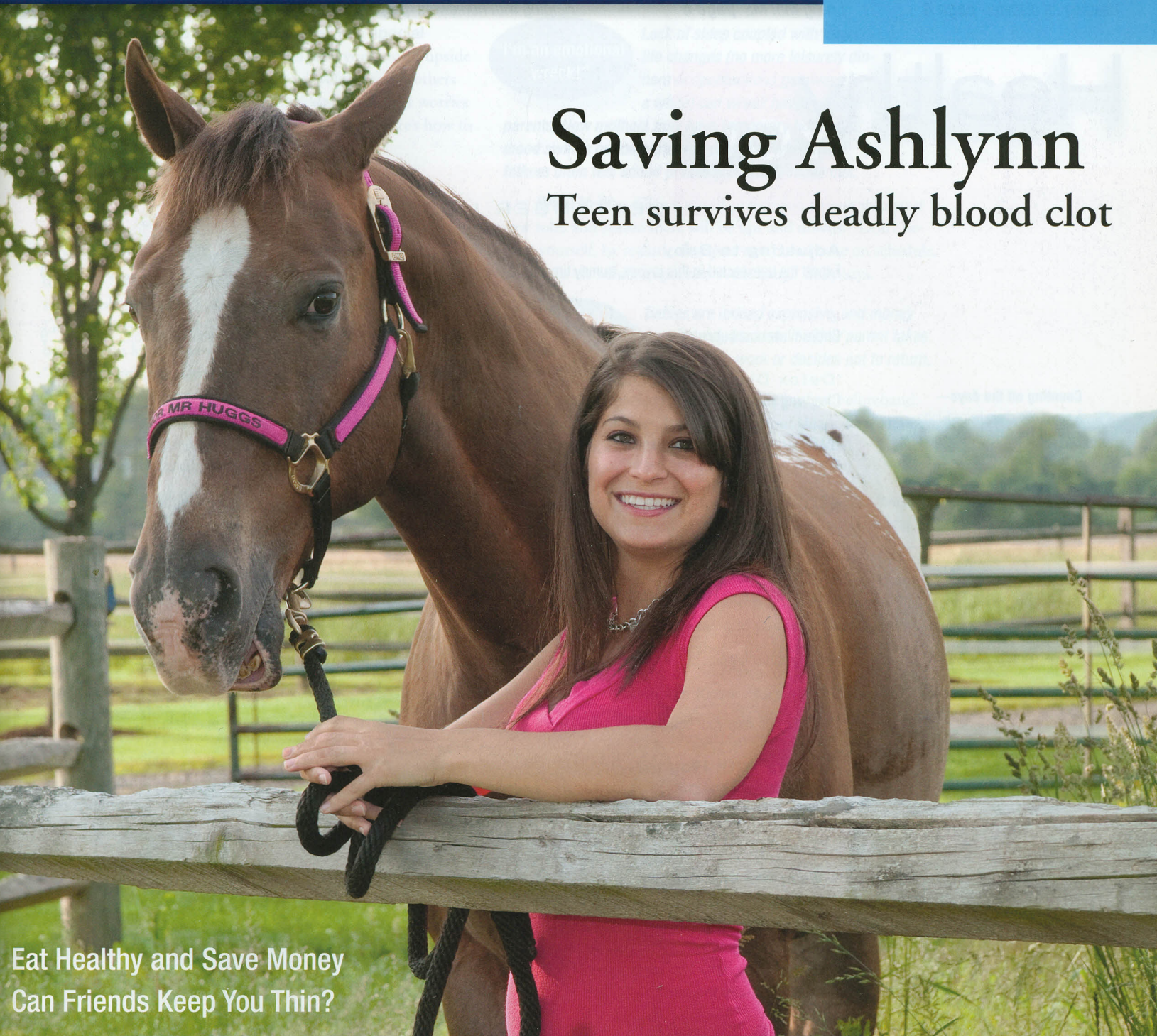


# Healthy You

SEPTEMBER | OCTOBER 2009

## Saving Ashlynn

Teen survives deadly blood clot



Eat Healthy and Save Money  
Can Friends Keep You Thin?

A PASSION FOR BETTER MEDICINE.™

 **Lehigh Valley  
Health Network**



## Healthy Eating on a Budget

Seek out foods that are low-cost but nutrition-rich

**Need to stretch your food dollar?** Many of us do, in today's economy—and it's a skill you definitely can learn, says registered dietitian Tara Harding of Lehigh Valley Health Network: "With a little organization and creativity, it's easy to eat right even on a tight budget." Her strategies:

**Plan the week's meals.** You'll get in the habit of shopping

from your grocery list, which prevents impulse purchases. (You'll save time and gasoline, too, by avoiding last-minute store runs.)

**Get the most from meats.** "Inexpensive, lean cuts may not be grill-worthy, but in slow-cooker stews, casseroles and pasta sauces they taste great," Harding says. And a small quantity of meat goes a long way.

**Make friends with beans.** Canned or dried, they're an excellent source of protein when paired with a complex carbohydrate like brown rice, whole-grain pasta, couscous or quinoa.

**Buy in bulk.** For nonperishables like oatmeal, rice and pasta, bulk is always cheaper (and ethnic food aisles may offer better bargains). Perishables like meat and bread can be divided and frozen in smaller portions. Buying apples, oranges, potatoes and onions by the bag, not the piece, is a big money saver.

**Skip brand names.** "Generic versions are just as good, though you may have to look high or low on grocery shelves to find them—stores deliberately place expensive items at eye level," Harding says.

**Compare unit prices.** If you're choosing from similar items, the unit price (posted on the shelf) will tell you which is truly the best value.

**Prep it yourself.** You'll pay more for premarinated meats, shredded cheeses and bagged salads.

**Stretch the grain.** "Whole-wheat pasta and brown rice are more expensive than the white versions, but more nutritious," Harding says. "Strike a balance by mixing in some of each when preparing side dishes."

**Buy produce in season.** It's always cheaper, fresher and more delicious then. But frozen produce is a good alternative. "Veggies and fruits picked and frozen at their prime are just as nutritious as fresh, and can be a better value because they won't go bad," Harding says.

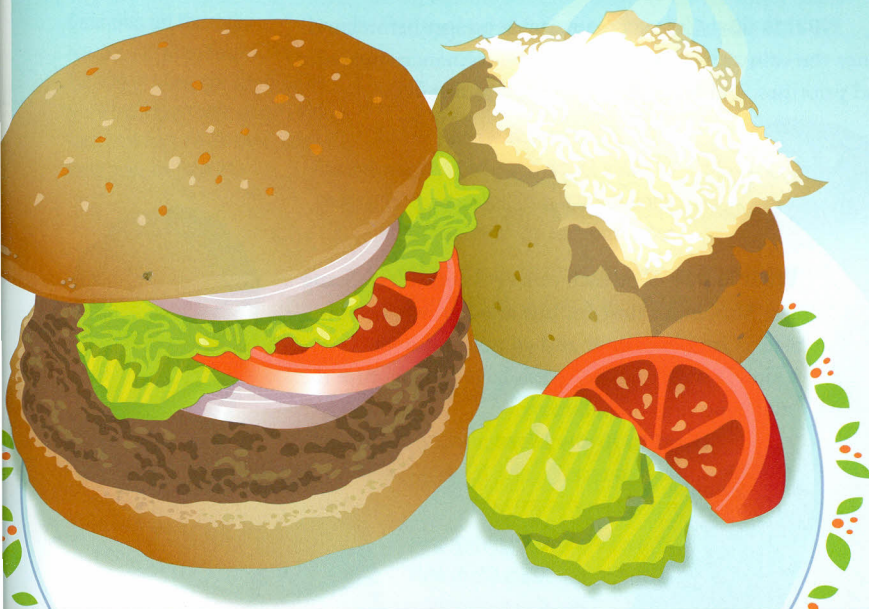
**Mix your own breakfast cereal.** Packaged cereals are

### That "value meal" isn't your best value...

**BURGER AND FRIES**  
from a fast-food outlet..... \$2 per person/\$8 family of four

**HOMEMADE BURGER on**  
**whole-wheat bun with baked potato**..... \$1.34 per person/\$5.35 family of four

*The homemade version is cheaper and more nutritious (more fiber, less fat).*



## 'Detox' Diets—Are They Safe?

A host of popular diets claim to rid your body of impurities. Though human bodies are self-cleaning machines, the theory goes, harmful substances you take in every day—from food preservatives to environmental pollutants—can build up and make you more susceptible to disease,

fatigue and even weight gain.

"Toxins do tend to sit in fatty tissue and accumulate in organ systems, making them work less efficiently," says family medicine physician Nicholas DiMartino, D.O., of Lehigh Valley Health Network. But radical detox diets—where you subsist on juice or

brown rice for days or weeks—are not the answer, he says. "For longer periods of time, these diets should only be done under supervision. They're of questionable benefit to healthy people, and can actually be risky if you are very weak, on chemotherapy or have certain liver or kidney conditions."

To assist your body's natural detox process, he suggests:

• **Regularly eat whole, fresh, organic foods.** Fruits and vegetables contain a variety of nutrients that naturally neutralize toxins, and high-fiber foods (whole grains, beans) help pull toxins from the body.

Illustrations by Jane Ramsey





## 'Natural' Sweeteners

### Are they really better for your health?

extremely pricey. Buy generic oatmeal, add dried fruits and nuts—and if you like, throw in a little of the children's favorite cereal brand.

**Buy day-old bread.** It's going to sit on your counter for a few days anyway, right?

**Take advantage of incentives.** Sign up for your store's bonus reward system. Coupons are useful too, "but don't be tempted to add unneeded items to your cart," Harding says.

**Drink water.** Think how much you'll save—in money and empty calories—on those sugary sodas and juices!

**Avoid junk food.** High in salt, sugar and fat and low in protein and fiber, it's just not worth the money.

**Eat out wisely.** Share entrees—portions are usually too big for one person anyhow. Skip the appetizers, desserts and drinks (alcoholic beverages are highly marked-up).

**Want to Know More** about using leftovers? Call 610-402-CARE or visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou).

**Natural sweeteners are the latest sugar alternative to hit the grocery shelves.** But does "all natural" necessarily mean healthier?

"These products can be a great alternative to sugar for people with diabetes," says Janae Weikel, clinical dietitian with Lehigh Valley Health Network. "They also can help people struggling with weight loss to decrease their caloric intake."

But you need to be careful, Weikel says: "Most foods containing large amounts of these sweeteners are empty-calorie foods with little nutritional value. Whether they're made with sugar, artificial sweeteners or natural sweeteners, junk food is still junk food." Experts also caution that the part of your brain responsible for letting you know when your sugar craving has been satisfied doesn't recognize non-sugar sweeteners. This leaves you wanting more and more sweetness.

Here's a look at the most popular natural sweeteners:

Sweetener	Pros	Cons
<b>Stevia</b> —Sold as Truvia and PureVia. Derived from an herb, 100 times more potent than sugar.	Calorie-free. So sweet a little goes a long way. Works well in coffee, tea or on fruit, cereal or yogurt.	Bitter aftertaste. More expensive than other sweeteners. Can't be substituted for sugar in baked goods (different color and texture, and so much sweeter you can't judge how much to use).
<b>Agave nectar</b> —Derived from a Mexican plant. Tastes like honey but isn't as thick. Calories same as table sugar.	Good for diabetes because it doesn't raise blood sugar as much or as fast as sugar. Sweeter than sugar so you don't use as much.	Contains empty calories.
<b>Honey</b> —The original "natural" sweetener. One-third more calories than sugar, but offers nutritional benefits.	A spoonful of raw honey a day provides healthy antioxidants (make sure it's raw, not processed).	A tablespoon sets you back 64 calories versus 48 for a tablespoon of sugar.

**Want to Know More** about other sugar substitutes? Call 610-402-CARE or visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou).

• **Do a "mini-detox."** One day a week, eat lighter meals than usual and drink more water. (Plain water is far better for you than sugary sodas and caffeinated drinks.)

• **Get moving.** You can help the cleansing process by getting regular exercise, which improves circulation and helps supply nutri-

ents to organs.

After a few weeks following these guidelines, you may realize you have more energy, fewer headaches and better moods.

**Want to Know More** about avoiding chemicals in food and drink containers? Call 610-402-CARE or visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou).



## How do I control the candy?

**Serve a well-balanced dinner** before trick-or-treating begins. Registered dietitian Meredith Baum offers more healthy Halloween tips at [lvhn.org/healthyyou](http://lvhn.org/healthyyou) (or 610-402-CARE).

[lvhn.org](http://lvhn.org)



# Kick Diabetes Out of Your Future

At risk for the disease? Here's how to head it off

**Scott Higgins of Whitehall has diabetes in his family, and two years ago he was headed in the same direction.** At age 28 he had high blood pressure and carried 280 pounds on his 6-foot-2-inch frame. Today, the organizational resources associate is 85 pounds lighter and 100 percent healthier. He's proof that "you can absolutely prevent type 2 diabetes by changing your lifestyle," in the words of family medicine

physician Steven Blasi, D.O., of Lehigh Valley Health Network.

One of the major diabetes risk factors is being overweight, a problem Higgins shared with two-thirds of Americans. "I realized I wasn't really happy with myself," he says. If you feel the same, follow his example and kick diabetes out of *your* future:

**Figure out your risk.** "Calculate your body-mass index (BMI)," Blasi says. "If it's over 30 and your waist is over 40 inches (36 inches for women), your diabetes risk is high, especially if family members have the disease."

**See your physician.** "I was the typical guy who never went to the doctor," Higgins says. Now he's glad he called his family physician, John Farrell, M.D. "He brought up the diabetes issue," Higgins says, "and started doing regular blood tests." Fasting blood glucose of 100-125 is the gray area sometimes called "pre-diabetes." "If you fall in that range, you need more frequent testing," Blasi says.

**Commit to losing weight.** Higgins' motivation was to get healthy before turning 30. "The Healthy You Fitness Center was about to open, and that seemed like the perfect opportunity," he says. What could motivate you? "Unfortunately, for many people it takes a health crisis," Blasi says. But the earlier you make changes, the easier it will be.

**Get active.** "Replacing fat with muscle helps your body process insulin normally," says Jackie Svrcek, an exercise physiologist with the health network. Your exercise starting point will depend on your weight, age and fitness level. "Aim for at least 30 minutes 3-5 times a week," Svrcek says, "and include cardiovascular exercise—the kind that raises your heart rate—and strength training."

Higgins started in the gym, then took up running. "I could barely go 20 minutes at first," he says. But it helped him drop 40 pounds and ignited a competitive spark. He

**Manage your diabetes**  
See programs on page 21.



**Clearing out the junk food**—When Scott Higgins realized the contents of his refrigerator were sabotaging his weight loss, he gave the fridge a makeover.



**Moving to the music**—Anne Moore of Albrightsville reversed her diabetes through lifestyle change, and she keeps the weight off by exercising "oldies" videotapes. Read her story at [lvhn.org/healthyyou](http://lvhn.org/healthyyou).





**Walking the dogs**—Tom Fichter of Whitehall took a step-by-step approach to losing weight, and his blood glucose is now normal. He enjoys daily walks with his two terriers. Read his story at [lvhn.org/healthyyou](http://lvhn.org/healthyyou).

spent this spring and summer training for the Lehigh Valley Health Network Marathon for Via.

**Reform your diet.** After losing his first 45 pounds, Higgins hit a plateau. Then a triathlete friend took a peek inside his refrigerator and said, “This stuff has gotta go!” Higgins tossed the junk food in favor of fruits, vegetables, whole grains and lean protein. It was the right move, says Karen Conner, a registered dietitian with the health network.

“My guidelines are: eat more fruits and vegetables, watch portion sizes, and eat more often,” she says. “Few of us get enough fruits and veggies. We also tend to eat far more than the recommended serving size and skip meals. Smaller meals throughout the day boost your energy and weight loss.”

**Get support.** “Fitness professionals and dietitians are wonderful resources,” Blasi says. “You also can get free support from good Web sites.” And don’t forget your friends and family. Getting healthy together will improve your relationship and your well-being.

**Want to Know More** about calculating BMI or about how diabetes affects your body? Call 610-402-CARE or visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou).

## Fearful After a Heart Attack?

**It’s a common feeling, but you can learn confidence**

**Will I be able to do what I want?** Can I go back to work? What does my family think? Will it happen again? How long am I going to live?

These are the questions that may weigh on your mind following a heart attack. In fact, they afflict one in three survivors. “A heart attack is a life-changing event,” says Brooks Betts, D.O., a family medicine physician and geriatrician with Lehigh Valley Health Network. “It’s natural for people to be fearful.”

Most worrisome are aches and pains. “When you have a minor rib pain or indigestion prior to a heart attack, you don’t think much of it,” says health network cardiologist George Persin, D.O. “But afterward, you’re more sensitive and think the slightest discomfort is a sign of another attack.” A return visit to the emergency room or doctor’s office usually reveals that the pain is not heart-related. Or, if it’s abdominal, it may be a side effect of the post-heart attack medications your doctor prescribed.

Many survivors, especially younger people, are fearful that another heart attack is inevitable. This leads to anxiety. “The symptoms of anxiety and a heart attack are almost identical—rapid heart rate, heavy breathing and sweating,” says Mary Kaland, Ph. D., a psychologist with the health network. “When you experience these symptoms, it can trigger a post-trauma response in which you relive your heart attack experience. That creates a vicious cycle that’s hard to break.”

Other survivors worry that the slightest physical activity will spur another attack. This may lead to depression and lack of motivation. Cardiac rehabilitation is the best way to overcome such fear. “When you exercise under the supervision of a clinical exercise physiologist, you safely learn how much you can do,” Persin says. Fears are eased, and you benefit from talking to other heart attack survivors.

While it’s normal to experience some anxiety or depression following a heart attack, these feelings should subside with time. Practicing the tips above can help. If you still have worries that disrupt your life 6-12 months after your attack, seek professional help. “Don’t be afraid to talk to your family doctor or cardiologist about it,” Kaland says. “Sometimes, simple medications can help you feel much better.”

**Want to Know More** about cardiac rehabilitation? Call 610-402-CARE or visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou).

### Prevent Post-Heart Attack Anxiety

- Eat healthy
- Exercise
- Avoid tobacco and caffeine
- Breathe deeply when you feel anxious
- Be patient
- Discuss your feelings with a spouse, friend or doctor
- Write in a diary if it’s hard to discuss your fears
- Do something you enjoy daily



### Turn Off Atrial Fibrillation, Turn On Your Heart

Heart rhythm specialists and surgeons will help you understand atrial fibrillation, the most common type of irregular heartbeat, at an educational event Wednesday, Oct. 21. Heart disease survivor Mellanie True Hills (left) shares her story and tips on reducing stress and living a healthier life. The presentation begins at 6 p.m., live at Lehigh Valley Hospital—Cedar Crest and simulcast to Lehigh Valley Hospital—Muhlenberg. Experts will be at both sites to answer questions. Register at 610-402-CARE.



# Living With Multiple Sclerosis

A team approach yields strong results for local woman and others

**Practicing yoga**—The relaxing yoga classes MaryAnn Preston takes at the Healthy You Fitness Center help her flexibility, balance and stress level.

After the birth of her second child 40 years ago, MaryAnn Preston had trouble walking and couldn't open the fingers of her right hand. "I looked like I'd had a stroke," says the 65-year-old Allentown woman. "I couldn't even change my son's diapers."

Preston was diagnosed with multiple sclerosis (MS) and underwent two months of steroid treatment. In those days, the prognosis for MS patients was limited. "My doctors told me I'd be in a wheelchair within a year," she says.

Preston decided she would "do everything I could" to avoid that outcome, and she's stayed remarkably independent through the years of motherhood, full-time career and volunteering. She also gets strong support from a team of MS professionals at Lehigh Valley Health Network. They're armed with knowledge and options that weren't available 40 years ago—options that are making a big difference for thousands of people with MS.

**MS is an inflammatory, probably autoimmune, disease** affecting the central nervous system, says David Jones, M.D., a neurologist and MS specialist at the health network: "The body's immune system attacks the myelin, the substance that surrounds nerve fibers, most likely after being triggered by infection. The resulting damage distorts or interrupts impulses traveling to and from the brain and spinal cord."

Like most autoimmune diseases, MS affects more women than men. Symptoms can vary from numbness in the limbs to balance and vision problems to paralysis. The most common type of MS is "relapsing-remitting"—attacks fol-

lowed by periods of remission. "While the disease can worsen into a more severe form over time, patients can live very full lives with proper treatment geared to their unique needs," Jones says.

When Preston was diagnosed, there were no drugs specifically for MS. Today, doctors can choose from four FDA-approved medications to prevent attacks and slow progression. Chemotherapy that targets rapidly dividing, overactive immune cells is also an option.

**Physical therapy plays an important part in managing the disease.** "People with MS often have muscle spasms due to scrambled signals from the brain or spinal cord," says Jones' colleague, physical therapist Sandra Tremblay. "Therapy—either preventive or rehabilitative—can ease spasms and help with balance problems." The MS team also includes occupational therapists and case workers.

Another key for MS patients is regular exercise. Because they're susceptible to overheating, fatigue and muscle injury, pool workouts and yoga are good choices. "We also teach patients exercises they can do at home," Tremblay says.

Finally, the MS team works closely with neuropsychologists and neuropsychiatrists. "They help our patients adjust to the issues MS may bring to their lives," Jones says. Depression is common, as is postpartum depression in new mothers with MS. "My therapist helps me stay mentally healthy and live without focusing on chronic pain," Preston says.

With her team's help, Preston is firmly in charge of her own well-being. "I remember to do nice things for myself, spend time with friends and get great pleasure volunteering at Lehigh Valley Hospital," she says.

**Want to Know More** about the health network's MS education programs, or see a 3-D animation about MS? Call 610-402-CARE or visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou).

## Did you know...

The specialty team at Lehigh Valley Health Network's MS Center offers diagnosis, treatment and support to people with multiple sclerosis. Its services include rehabilitation, counseling, pain management, exercise programs and a variety of free seminars and workshops for patients and their families. For more information, call 610-402-CARE or visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou).



# Move to the Beat

Rhythm makes it easy to keep your body active

**Whether you're dancing, jogging, laboring** (remember "I've Been Working on the Railroad"?), or lifting weights, music makes your body want to move.

"Oldies, hip-hop, rock—anything with an upbeat tempo can put you in the mood for exercise, says Jean Mercade, group fitness coordinator at Lehigh Valley Health Network's Healthy You Fitness Center. "It also boosts your energy and takes your mind off what you're doing." Most people especially enjoy the music of their youth, she says. "The right song can make you feel younger because it brings back a time when you felt vibrant and full of energy."

Rhythm sets the tempo so you can keep working out at a steady pace. Fast music revs you up, while slow music helps you relax. "Music also sets a mood and puts you in a frame of mind that can be highly motivating," says Mercade's colleague, exercise specialist Connie Fehr. "When you're enjoying music during a workout, you feel happier and more enthusiastic—you might even find yourself singing along." What's more, you can benefit from a variety of exercise styles closely tied to music you enjoy. A few examples:

## Dance

**Dance**—Just about everyone finds it natural to move with dance rhythms. The choices are endless, from ballroom to Western swing, free-form rock to the choreographed moves of Zumba (an increasingly popular blend of Latin dance moves set to musical styles such as mambo, rumba and salsa).

## Drumming

**Drumming** — Drums propel the beat of pop tunes and electronic music written for high-energy dancing. You can get into the act yourself by picking up a pair of bongos at a yard sale. Or, drum along on your tabletop to a favorite song, or beat an exercise ball with drumsticks—the idea behind a new form of upper- and lower-body exercise called Drums Alive™.

## Classes

**Exercise classes**—Music is a classic way to energize aerobic and other fitness classes. One trick is to put favorite tunes at the end of the workout so you don't want to slow down. Of course, you don't need a class to let music motivate your movement. "Listen to an iPod while on a tread-

mill, dance at home to favorite tunes on your sound system, or stretch to easy-listening music," Mercade says.

**Video games**—The right blend of imagery and music can get both young and old gamers off the couch. "Dance Dance Revolution" makes players change foot positions on a pad to score

points. Nintendo Wii games require players to move around to control on-screen action, especially in sports games. "Even 'Guitar Hero' gets you moving because you stand up to play the songs," Mercade says.

**Want to Know More** about great songs for every workout? Call 610-402-CARE or visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou).

## Get fit!

Choose from a wide variety of classes on page 18.

**Drumming for fitness**—Dave Miller of Emmaus and daughter Lauren, 16 (front row), enjoy a rhythmic workout at the Healthy You Fitness Center, along with Ronelle, 10, of Macungie.







**Finishing up her project—** Glavanna, 10, of Easton gets support from her mother, Janelle Gargone, as she prepares a poster about a dinosaur shark (source of the fossilized tooth she's holding).

## Helping With Homework

How much supervision does your child need?

over spelling words or helping with math problems. "If your child doesn't get the assignment, don't do it for her just to get it done," Corbin says. "I encourage parents to write 'She did not understand this' on the page, so I know I have to go back and re-teach it."

When older children have trouble with an assignment, ask them to explain to you how they would work through it and point them in the right direction. "You want to give them the skills and resources to do it themselves," says Kristin Menconi, M.D., a pediatrician with Lehigh Valley Health Network. "Show them how to look things up online or in an encyclopedia."

What to do when your child complains about homework? You need to be able to recognize the difference between "I can't do it" and "I don't want to do it." "If they lack motivation, set up rewards to encourage them to get their work done," Menconi says. "If they consistently don't get it, find a tutor."

Don't stress if your child doesn't do things the way you

**Some parents get so involved in their child's homework** they wind up doing the assignment themselves, while others believe in letting a child sink or

swim on his own. Where should you fit on the homework spectrum?

It depends in part on the child's age. "Younger students need that parent sitting there, encouraging them," says Crissi Corbin, a fourth grade teacher at Cheston Elementary in Easton. If your child has a basic understanding of the assignment, be on-hand to guide her until she has the confidence to do it on her own. This might mean listening to her read aloud, going

### Make homework time more productive:

- **Provide a quiet, well-lit study area** with supplies (paper, dictionary) on hand.
- **Establish a time** for homework.
- **Turn off the TV** and monitor Internet use.
- **Limit phone calls, texts** and instant messages unless they pertain to homework.
- **Keep a homework calendar** to track upcoming assignments, projects and tests.
- **Encourage short breaks** to help your child re-focus.

## How Far Should You Push Your Child?

Know when to encourage and when to back off

**We all want our children to be well-rounded** and find activities they're passionate about. But if your son or daughter resists music lessons or wants to quit Little League, should you push or back off?

The answer depends on your child's age, stress level and other factors, says Kimberly Legg Corba, D.O., a family medicine physician with Lehigh Valley Health Network. "Maybe they feel they're not that good, or there's a problem with the coach, or they're stressed out from too many activities," she says. "Sometimes you can address the underlying reasons, like reducing activities or assuring them they don't have to be the best."

If they still resist, encourage them to honor their commitment to the team or activity before quitting. "It's important that

they follow through to the end," says Shel Dougherty, certified parenting educator with the health network. However, if a child—especially a younger one—absolutely hates an activity or feels too stressed, it's OK to let him stop early. "You don't want to push too far," Corba says.

Over-strictness with a reluctant child can have consequences, including more resistance and even lifelong dislike for the activity. "Sometimes," Dougherty says, "parents need to ask if they're pushing their children for the child's sake or to satisfy their own vicarious goals."

The best approach is to find activities your child loves and won't want to resist. Here's how:

**Know your child.** Youngsters are more likely to stick with



# Money and Happiness

How much  
are your  
finances  
linked to  
your well-  
being?

Maybe it's true that "money can't buy happiness," but the lack of it seems to be creating a lot of misery these days. Can you really be content when you're financially insecure?

"Having money, in itself, doesn't equate to psychological well-being—you can be poor and happy or rich and unhappy," says psychiatrist Laurence Karper, M.D., of Lehigh Valley Health Network. "A sudden change in your financial situation can cause problems."

The stress is milder if you're not alone, he says: "All of us losing 50 percent of our stock value is less troubling than if you're the only one." You're also more likely to suffer if you believe the loss is your own fault.

But the major factor on the money-and-happiness scale, Karper says, is how materialistic you are. "For materialistic people (rich or not), possessions assume a central place in life. You keep acquiring more to boost your well-being and sense of control. But it's self-defeating, because you never really can 'keep up with the Joneses.'"

Materialism is built into our consumer culture, says Drew Keister, M.D., a family medicine physician with the health network. "Constant advertising drives you to want and expect the latest, coolest gadgets," he says. "Money expectations also arise from your family of origin. If you don't have something your parents had, you may feel like a failure. If you've exceeded their financial status, you may worry about staying there."

The psychological impact of money loss depends somewhat on your stage in life. Children, for example, "do well as long as they're confident their needs are being met," Karper says. Wise parents know it's healthier for them to earn and save than to be granted their every desire.

For young adults, lack of money can be more serious. "If they can't pursue their career goals or afford to date, their newly forming identity may be impacted," Karper says.

Older adults typically are better able to weather the storm thanks to stable living situations, Medicare and Social Security. People this age also tend to value frugality and self-reliance.

Whatever your age, money problems are upsetting. But they're also an opportunity to rethink how much is "enough"—and to realize that more money doesn't mean more happiness. "The real values in life," Keister says, "are our health, time and connections with people we love."

**Want to Know More** about helping children in tough economic times? Call 610-402-CARE or visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou).

would. "If they're getting the work done—even if it takes longer—and are getting good grades, it works for them," says Menconi's colleague, family medicine physician Daisy Thomas-Gobalakrishna, D.O. "And remember that kids have had a long day and need a mental break just as you do. Homework is important, but they also need some time to hang out with friends, play outdoors, or watch TV and decompress."

## Can I ease the school transition?

**As fall nears, have your children go to bed and get up 15 minutes earlier**

each day until they're back to their school-year schedule. Get more tips at

[lvhn.org/healthyyou](http://lvhn.org/healthyyou) (or 610-402-CARE).

[lvhn.org](http://lvhn.org)



Kiarah, 6, and Giavanna, 10, of Easton

activities that match their temperament and interests. A shy child, for instance, probably won't like acting, and an athletic one may not sit quietly to paint.

**Give it a trial run.** Ask the coach or instructor if your child can participate for a couple of weeks. Then if he likes it, have your child sign up for the season or a set time period.

**Commit as a family.** If you and your children have a mutual interest—in art or athletics, for example—make it a shared family commitment. Agree that each family member will take part regularly.

**Be a role model.** The best way to get children to perfect a skill is to let them see you practicing something you're passionate about.

**Want to Know More** about not overbooking your child? Call 610-402-CARE or visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou).







**With her parents**—Jeff and Penny Rice own a horse farm in Quakertown where Ashlynn keeps her beloved “Junior Mr. Huggs.”

# Saving Ashlynn’s Life

Local teen gets expert treatment for pulmonary embolism

**Ashlynn Rice was young and fit—a straight-A student, cheerleader and passionate horseback rider.** Then one day at school, the Quakertown 16-year-old began to have severe chest pain and shortness of breath. Her family doctor first suspected an upper respiratory infection, but a chest scan and electrocardiogram revealed something more alarming: a pulmonary embolism. A blood clot had completely blocked Ashlynn’s right lung.

At least 100,000

Americans suffer a pulmonary embolism (PE) each year. The condition occurs when an artery in the lung is blocked, usually by one or more clots that travel there from another part of the body. Most patients are not teens. Risk factors include age, obesity, pregnancy, smoking, long confinement in bed and a family history of PE.

Clearly, Ashlynn needed urgent medical care. “An ambulance was called immediately, and we were told to keep her as calm as possible so the clot would not move,” says her mother, Penny Rice. Doctors at Lehigh Valley Hospital–Cedar Crest gave Ashlynn anticoagulant medicines in hopes the clot would begin to dissolve. She was monitored throughout the night, but by morning her condition had worsened.

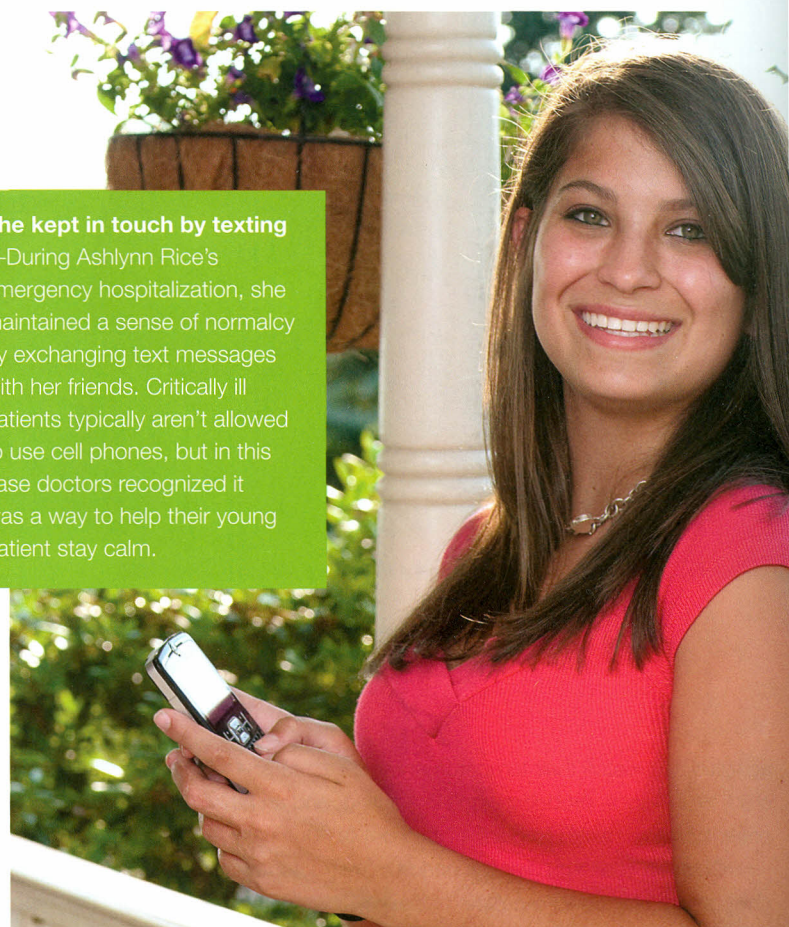
“We knew, given the clot’s size and location, that normal anticoagulation with intravenous heparin would not be enough,” says pulmonologist and critical care specialist Matthew McCambridge, M.D. He and his colleagues explored the possibility of administering a “clot-buster” drug, but a bedside echocardiogram revealed that a clot was also present in the right atrium of Ashlynn’s heart. That eliminated the clot buster. “We were concerned that the clot could go to her left lung, and then her breath-

ing and blood pressure would be more compromised,” says cardiologist Melvin Schwartz, M.D. “The best option was open-heart surgery.”

It’s not a common treatment for blood clots, but “it was Ashlynn’s best chance for survival,” says cardiothoracic surgeon James Wu, M.D. Wu performed the lengthy surgery

## She kept in touch by texting

—During Ashlynn Rice’s emergency hospitalization, she maintained a sense of normalcy by exchanging text messages with her friends. Critically ill patients typically aren’t allowed to use cell phones, but in this case doctors recognized it was a way to help their young patient stay calm.



## The role of the tele-intensivist

Working with Ashlynn’s care team on her critical first night in the hospital was an intensive care specialist located miles away. Tele-intensivist Vanessa Robato, M.D., constantly monitored her through the night from a high-tech, off-site control room.

Lehigh Valley Health Network’s tele-intensivist program allows critical care doctors and nurses to monitor patients in multiple locations, assuring the highest level of care 24/7. High-resolution audio/visual systems let them see and talk with the patient, family, and other doctors and nurses in the room.

**3-D animation**  
on pulmonary  
embolism at  
[lvhn.org/healthyyou](http://lvhn.org/healthyyou)



## Your Family's Obesity

and successfully removed a 4-inch clot from Ashlynn's lung. Against the odds, she had survived.

Since her ordeal, she's been diagnosed with anti-phospholipid syndrome, an autoimmune disorder that can cause clotting in the legs and organs. (Most cases of PE arise from clots in the leg, called deep vein thrombosis.) Another possible factor is the oral contraceptives Ashlynn had just begun taking for medical reasons. "Birth control pills contain estrogen, which is known to increase some of the clotting factors in blood," says Kristin Friel, M.D., an obstetrician/gynecologist with the health network.

Today, Ashlynn is on her way to recovery. She has to keep a close eye on her health, and she's not yet allowed to ride her horse or do cheer-leading lifts or gymnastics. Meanwhile, she's discovered a new passion. She is so grateful to everyone who helped save her life that she's decided to pursue a medical career. "This experience has made me realize how precious life really is," she says.

**Want to Know More** about pulmonary embolism? Call 610-402-CARE or visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou).

The tele-intensivist gives patients an extra set of eyes and detects changes in a patient's condition instantly. This allows bedside caregivers to perform potential lifesaving interventions immediately. "I felt secure having the doctor there on the monitor and being able to talk to her and ask questions," Ashlynn says.

## 'My Smoking Wake-Up Call' Smokers share how they kicked the habit for good

**If you've ever smoked**, you know it takes strong motivation to break the addiction. "Most smokers have an 'aha' moment," says Dianna Mulhern, counselor with the Tobacco Treatment Program at Lehigh Valley Health Network. "Underlying reasons like health play a role, but they finally push themselves to quit because they get a wake-up call. Often it involves someone important in their lives." Here's what motivated two local men to snuff out their cigarettes for good.

**Get the facts**  
on smokeless  
tobacco products!  
610-402-CARE or  
[lvhn.org/healthyyou](http://lvhn.org/healthyyou)

### Dennis Deiter: **"My grandson said I smelled bad."**

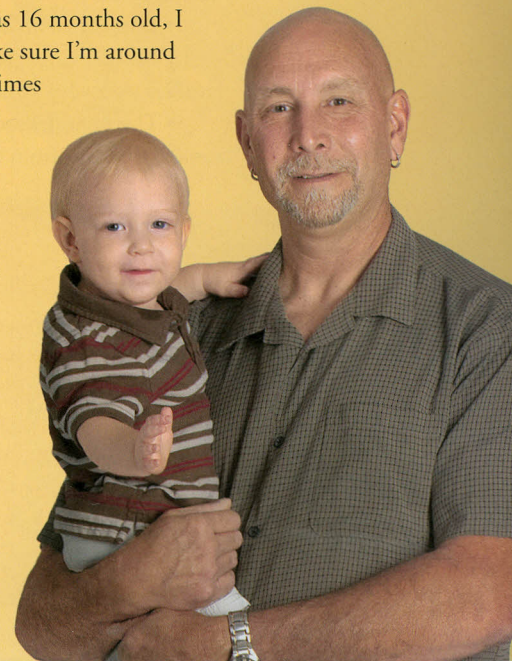
It was a typical Wednesday night: Dennis Deiter's stepson and his wife dropped off their 5-year-old to spend time with Grandpa and Grandma. "My grandson was going to give me a hug in the garage, and pulled back a bit," says the 55-year-old Macungie man. "He said, 'Pappy, you don't smell good.'" Deiter and his wife, Patricia, had just talked about quitting smoking, and this was the last straw. "It was a cute comment, but also an eye-opener," he says. Within three days, he enrolled in a smoking cessation program and has been smoke-free ever since. "We thanked our grandson for saying what he did," Deiter says. "We told him it's hard to quit, but that we'd do it because of him."



### David Heinze: **"I need to be in good shape for my baby."**

Newly remarried at age 52, David Heinze of Hereford is now the proud father of a toddler. "When Damian was 16 months old, I thought, 'Hey, I've got to clean up my act to make sure I'm around for him,'" he says. Heinze has quit smoking six times before, but this attempt feels different. "My son makes me look to the future," he says. "I picture the day we can play ball together." He'll have plenty of pep for it: Two weeks after quitting, Heinze found he breathes better and has energy to spare. "I use that energy to chase after my boy and go for neighborhood walks with him," he says. "I feel like I'm in my 20s again."

**Want to Know More** about the Tobacco Treatment Program or read the stories of other local smokers inspired to quit? Call 610-402-CARE or visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou).





# Is Research Right for You?

Weigh the benefits and risks when deciding to participate

**Diane Wise of Northampton has lived with chronic obstructive pulmonary disease (COPD)** for more than 15 of her 69 years. She wheezes, is short of breath and coughs up mucus. All are the result of her long history of smoking, the leading cause of COPD.

Wise was managing her symptoms with a prescription inhaler, oxygen and exercise, the only treatments available for COPD—but she yearned to breathe better to keep up with her large, active family.

When her daughter-in-law, Patty, began looking for alternatives, a new possibility emerged: Lehigh Valley Health Network was conducting a research study on an experimental

valve placed in the lung to treat COPD. Wise enrolled in the study in 2007, after carefully considering such things as the risks, time commitment and implications (if any) for her medical insurance coverage.

“When you’re contemplating a research study, it’s important to weigh the benefits and risks of the procedures involved,” says Scott Lipkin, D.P.M., director of Lehigh Valley Health Network’s Research Participant Protection Office.

**“The major benefit of being in a study is access to the latest research treatments,”** which might not be otherwise available,” Lipkin says. “This can be especially significant to someone with a critical illness.” Other benefits may include:

- Improvements to your health
- Regular care from a team of medical professionals familiar with your condition
- The personal satisfaction of knowing others could someday benefit from the experimental treatment

## 3-D animation!

See how COPD affects the body at [lvhn.org/healthyyou](http://lvhn.org/healthyyou).

Risks vary from study to study, and are clearly spelled out in the informed consent document that research participants must read and sign. “As an institution, we are required to review research studies for potential dangers and assure that the risks are minimized and reasonable in relation to the expected benefits,” Lipkin says. Generally, the risks of research include:

- No improvement or benefit to your health
- Being randomly selected to not receive the treatment (Researchers can only gauge a treatment’s effectiveness by comparing the outcomes of people who receive it and people who don’t.)
- Side effects that could impact your health



**Special care**—Diane Wise of Northampton participates in a research study of an experimental lung valve, a potential new treatment for people with chronic obstructive pulmonary disease. As part of the study, she gets regular checks of her blood pressure and other vital signs from research coordinator Marika Vermeersch, R.N.

“Without research, it would be difficult to find new ways of treating diseases,” says health network pulmonologist Robert Krukltis, M.D., Ph.D., leader of the experimental lung valve study. “Patients trying new treatments give us the opportunity to learn more about these diseases and conditions to provide even better care.”

For Wise, the study has been “a wonderful experience.” The regular monitoring and special attention she receives have kept her illness in check—and she’s hopeful that her participation will help others with COPD.

**Want to Know More** about questions to ask before taking part in a research study? Call 610-402-CARE or visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou).

## Did you know...

**Lehigh Valley Health Network has the most comprehensive protection** for research participants—and recently earned national endorsement (full accreditation) for that. At any given time, the network conducts some 400 research trials in such areas as cancer, heart, neurology, pediatrics, pain management and more. For patients, this means access to the very latest treatments, close to home. For information on studies you may be eligible for, call 610-402-CARE or visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou).



# Your Friends and Your Weight

Obesity may be contagious, but so is getting slim

**Anne Berg knows how important it is to have the support of friends** when you're trying to slim down. After her weight-loss surgery at Lehigh Valley Health Network in September 2007, she had to follow a strict diet and develop a new set of health habits.

"Most of my slimmer friends were helpful and supportive—they made sure to serve foods I could eat and never urged me to eat more," says the 55-year-old Whitehall woman. "However, a couple of my heavier friends seemed jealous as they watched me lose. It put a strain on our relationship."

Berg's experience is borne out in a recent study. Researchers discovered that if your close friends are overweight, you're significantly more likely to be. It's also true if your friends are thin, but there were fewer instances of "thin contagion" since most people have gotten heavier in recent decades.

"I think we attract others who are like ourselves. It makes us feel normal," says family medicine physician Paul Lynott, M.D., of Lehigh Valley Health Network. "And friends can perpetuate each others' habits, good and bad."

For that reason, it's vital to learn how to set limits with your friends and say no to situations that might trip you up when you're working to lose weight, says Gerald Rodriguez, clinical social worker at the health network's Weight Management Center.

"Whenever you make a major lifestyle change," Rodriguez says, "you want to be open and honest with your friends. Say something like, 'I'm making changes because I need to regain my health. I've loved the good times we've shared, but you'll see me eat differently now. It's not about you, it's about what I need to do.'"

As Berg discovered, the balance of a relationship may change when you lose weight but your friend does not. If you want to maintain the friendship, find shared activities that

don't involve food or drink. "Happy hour too often leads to weakened resolve," Lynott says.

One approach is to create a new friendship circle by joining a support group, Rodriguez says. "You find others on the same path, with a shared sense of responsibility, accountability and goals."

Anne Berg found the support group at the Weight Management Center so helpful she now shares her experience regularly with support groups. She's become the slimmer friend who inspires others to keep going. **Want to Know More** about resisting when others pressure you to eat? Call 610-402-CARE or visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou).

**Need to lose weight?**  
See programs on page 19.

## How Often to Weigh

Weigh yourself at least weekly so you can spot an upward trend and take steps to reverse it. Daily weigh-ins are important for some health conditions; talk to your doctor. *For more on how to keep weight off, call 610-402-CARE or visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou).*

## Four Simple Steps to a Healthy Heart

Attend this Heart Help for Women program and learn how eating healthy, exercising, keeping an appropriate weight, refraining from smoking and supporting others who are trying can help you stay heart healthy. You'll hear from cardiologist Deborah Sundlof, D.O., a women's heart specialist, and from a mother-daughter team and other women of all ages who support each other's heart health. See more on page 17. *Reserve your space today by calling 610-402-CARE.*





# Healthy You

## How to Treat a Young Child's Cold

**Skip the over-the-counter children's cold medicines.** Research shows they can have serious side effects and aren't really effective. With or without drugs, it takes 7-10 days to fight off a cold. Relieve your little one's symptoms with saline nose drops or a nasal bulb syringe, cool mist vaporizer, a teaspoon of honey for coughs and TLC. *For more on children's colds and medicines, read Ask Our Expert with pediatrician Richard Morse, M.D. Call 610-402-CARE or visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou).*

## Hospital Ranks Among 'America's Best'



Lehigh Valley Hospital has made *U.S. News & World Report's* "America's Best Hospital" ranking for the 14th consecutive year. This year the hospital is recognized for geriatrics and urology. Lehigh Valley Hospital has been honored in a total of 30 specialty areas in the past six years, including heart care and heart surgery, cancer, gastrointestinal disorders, gynecology, orthopedics and respiratory disorders.



## Fighting Off the Flu

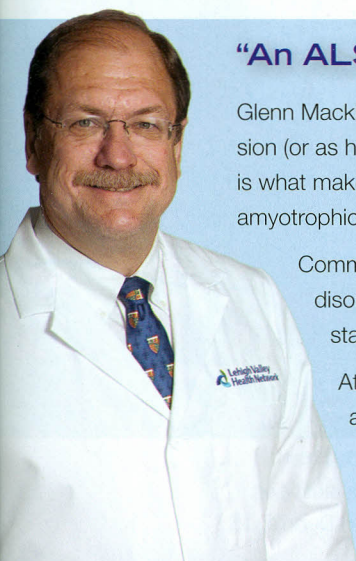
**It's time to think about getting vaccinated** for seasonal flu (influenza), as Barry Arndt of Macungie (above) did at Lehigh Valley Health Network's drive-thru service last year. A flu shot is especially important for children age 6 months to 5 years, pregnant women, long-term care residents, and people age 50+ or with chronic health conditions. The health network offers free seasonal flu vaccines at various locations (see box below).

**What about H1N1 influenza (swine flu)?** As *Healthy You* went to press, a swine flu vaccine was still under development and its effectiveness and availability were not yet clear. Watch [lvhn.org](http://lvhn.org) for updates.

### Drive-Thru Seasonal Flu Vaccines

No insurance cards necessary. Children must be accompanied by parent or guardian. Please no pets. **FREE**

- Nov. 7; 9 a.m.-3 p.m.  
At Dorney Park, Allentown
- Nov. 8; 9 a.m.-3 p.m.  
At Coca-Cola Park, Allentown



## "An ALS diagnosis changes lives forever."

Glenn Mackin, M.D., is known for his meticulous attention to detail—and for his compassion (or as he puts it, an "indescribable affinity for the human dilemma"). This combination is what makes him a sought-after neurologist who specializes in diagnosing and treating amyotrophic lateral sclerosis (ALS).

Commonly known as Lou Gehrig's disease, ALS is a terminal neuromuscular disorder. "It's my privilege to work with ALS patients as they go through all the stages—both physical and emotional—that the disease presents," Mackin says.

At Lehigh Valley Health Network's ALS Center, Mackin and the team he leads are passionate about helping patients live the best life possible, for as long as possible. ALS isn't curable, but it is treatable. At the ALS Center, patients and their families find a comprehensive, advanced program that follows internationally recognized protocols to ensure the highest-quality care.

### Lehigh Valley Health Network ALS Center offers:

- A coordinated, interdisciplinary team that analyzes all aspects of care
- Fellowship-trained neurologists who offer the most up-to-date treatments
- Comprehensive physical and emotional care
- Support including speech, physical and occupational therapy, pain management, mental health services, information sessions and support groups



## Ready to take charge of your health?

We offer programs for all ages and needs. Some have a fee; others (marked as **FREE**) are no-cost. Call to register at 610-402-CARE or get details at [lvhn.org](http://lvhn.org). Registration is required. You'll get a refund if a class is canceled due to low enrollment.

## WHAT'S NEW

For details and to register, call 610-402-CARE.

### Four Simple Steps to a Healthy Heart

A night out for all women features live cooking demonstrations, exercise advice and information from heart-health specialists. **FREE**

• Nov. 3; 6-7:30 p.m.

At LVH-Muhlenberg

### Acquired Muscle Disease Update

Learn a neurologist's approach to neuromuscular weaknesses. **FREE**

• Sept. 16; 7-9 p.m.

At LVH-Cedar Crest

### Becoming Mom & Dad

What to expect as a new parent. Learn the importance of structure, consistency, limits and teamwork.

• Sept. 23; 6:30-9 p.m.

At Healthy You Center

### Epilepsy: You Are Not Alone

Epilepsy Foundation Conference for patients and families presented by physicians. Learn about new therapies and treatments.

• Nov. 21; 8 a.m.-1 p.m.

At LVH-Cedar Crest

### Healthy Bones Osteoporosis Series

#### Osteoporosis and You

• Sept. 9; 6-7:30 p.m.

#### Nutrition, Exercise and Well-Being

• Sept. 16; 6-7:30 p.m.

#### Treatment—Meet the Doctor

• Sept. 23; 6-7:30 p.m.

At LVH-Cedar Crest

### Take Five—and "Beat" Breast Cancer

Introduction to drumming and other healing methods. Information from breast health expert. **FREE**

• Oct. 8; 7-9 p.m.

At Hanover Twp. Community Center

### Turn Off Atrial Fibrillation

Heart disease survivor Mellanie True Hills shares her story and tips on living a healthier life. See page 5.

• Oct. 21; 6 p.m.

At LVH-Cedar Crest, simulcast to LVH-Muhlenberg

### World Osteoporosis Day

Learn about prevention, diagnosis and treatment. **FREE**

• Oct. 20; 6-8 p.m.

At LVH-Cedar Crest



## AROUND OUR COMMUNITY

For details and to register, call 610-402-CARE.

### Be Safe in a Car

#### Mark J. Young Medical Challenge



Learn how to be a good driver. **FREE** with Center admission

• Mon.-Sat., 9:30 a.m.-5 p.m.; Sun., noon-5 p.m.

At Da Vinci Science Center, Allentown

### Community Forum on Influenza

Experts discuss seasonal influenza and novel H1N1 influenza (swine flu). **FREE**

• Oct. 1; 7-9 p.m.

At LVH-Cedar Crest

### Driver Education Forum

Focus on parent education and current status of driver education in area schools. **FREE**

• Oct. 9; 8 a.m.-3 p.m.

At LVH-Cedar Crest

### Free Community Events

#### Coopersburg Community Days

• Sept. 19; 10 a.m.-2 p.m.

At Southern Lehigh Living Memorial Park, Coopersburg

#### Community Safety Day

• Sept. 26; 10 a.m.-2 p.m.

At Lower Macungie Community Center

#### Autumn Festival

• Oct. 11; noon-5 p.m.

At North Catasauqua Park

#### Lehigh Valley Start! Heart Walk

Local edition of national event focuses on exercise as part of a heart-healthy lifestyle.

• Sept. 20; 8:30 a.m. activities begin and continue after 10 a.m. walk

At Lehigh Valley Industrial Park IV, Bethlehem

### Women's 5K Classic

Health expo prior to next day's walk/run teaches prevention, treatment and support for female cancers.

Expo Oct. 16; 3-7 p.m.

At Cedar Crest College

5K event Oct. 17; 9 a.m.

At Lehigh Parkway, Allentown

### Ongoing Programs

**Community Exchange**—Create a healthier community. Volunteer time and earn time by exchanging services with friends and neighbors. **FREE**

• Oct. 19, Nov. 16; 2-4 p.m.

At LVH-17, Center for Healthy Aging

• Oct. 7, Nov. 4; 6-8 p.m.

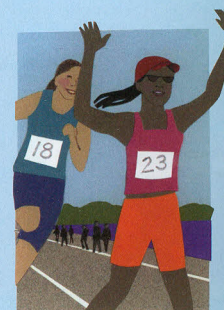
At LVH-Muhlenberg

**Guardianship Support Agency**—Volunteer for a local nonprofit agency with guardianship services.

**Health Insurance for Small Businesses (2-50)**—Educational sessions available at your office or Valley Preferred. **FREE**

### Would a Support Group Help?

Dozens of different groups provide comfort and support. **FREE**







## STAYING FIT

For details and to register, call 610-402-CARE.

**Age-Proof Workout**—Cardio and resistance toning combined with mind/body exercise.  
• Starting Sept. 17

**Aqua-New**—Water exercise for posture, balance, strength and confidence.  
• Starting Oct. 20, Oct. 22

**Ballroom Dancing**—Learn classic Latin salsa and rhumba moves.  
• Starting Sept. 15, Sept. 17

**Belly Dancing for Fun and Fitness**—Stimulate senses, tone muscles, build concentration, boost creativity.

**Intro**—Starting Sept. 21, Sept. 22, Sept. 25

**Level II**—Starting Sept. 21, Sept. 25

**Belly Danse Elite**—Prerequisite Intro and Level II—Starting Sept. 22

**Body Wedge 21™**—Toning/strengthening exercises on a foam wedge.  
• Starting Oct. 8

**Cardio Kickbox**—High-powered routine strengthens mind/body.  
• Starting Nov. 7, Nov. 9

**Drums Alive™**—Use fitness balls and drumsticks to create rhythmic movements.  
• Starting Nov. 9

**Exercise for Life**—Low-impact/low-intensity class utilizes chair for muscle conditioning.  
• Every Mon., Wed., Fri.

**FlashFit**—Circuit training to boost energy and burn fat.  
• Starting Sept. 21

**Gym Class for Kids**—Exercise in a safe, fun environment. Ages 8-12.  
• Starting Sept. 18

**Interval Express**—Alternate short bursts of intense cardio with active recovery.  
• Starting Oct. 12, Oct. 15

**Kids Beats™**—Use music, balls and drumsticks to learn rhythm and concentration. Ages 10-14.  
• Starting Sept. 30, Oct. 10, Oct. 28, Nov. 7

**Pilates Express**—Deep muscle conditioning to build core strength.  
• Starting Sept. 15, Sept. 23

**Power, Agility and Speed**—Strengthening, conditioning programs for junior high, high school athletes.

**PUMP**—Muscle strength/endurance workout using progressive resistance.  
• Starting Sept. 23, Oct. 10

**RAD**—Self-defense tactics and techniques for women.

**Staying Strong**—Strength class combines low-impact cardio with resistance; improves endurance.  
• Starting Sept. 17, Oct. 28

**Zumba**—Join this Latin dance-influenced aerobics class.



## CARING FOR MIND AND BODY

For details and to register, call 610-402-CARE.

**Anti-Aging Mineral Makeup Seminar**—Learn how mineral makeup and antioxidants can nurture your skin. **FREE**  
• Oct. 20

**Discover Relaxation Within**—Ease stress through relaxation techniques.  
• Part 1, starting Sept. 22  
• Part 2, starting Oct. 27

**Everyday Tai Chi**—Vertical flowing movements combined with rhythmic breathing.  
• Starting Sept. 30, Oct. 1

**Healthy Hands and Nails**—Give your hands some TLC with moisturizing and strengthening. **FREE**  
• Sept. 22

### Massage

**Medical Massage—How It Helps**—How therapeutic massage relieves pain, reduces stress, improves well-being. **FREE**  
• Nov. 10

**Massage Therapy**—Medical therapists offer different massage options at various sites.

**The Health of Touch (Partner Massage I)**—Learn ergonomically correct massage techniques to reduce everyday stress.  
• Sept. 19

**Mindfulness-Based Stress Reduction**—Internationally recognized program uses meditation and group support. Most insurances accepted. **FREE** introductory session Sept. 15  
• Sessions starting Sept. 29, Oct. 7

**Reiki I**—Learn benefits of channeling physical healing energy.  
• Oct. 3, Nov. 7

**Reiki II**—Advanced techniques to channel emotional healing energy (Prerequisite Reiki I)  
• Oct. 24

**Yoga**—Build flexibility, strength, reduce stress and rebalance.

**Very Gentle**—Poses adaptable to chair and/or mat.  
• Starting Sept. 22

**Relaxing**—Gentle flow of poses  
• Starting Sept. 16, Oct. 15, Nov. 9

**Energizing**—Stimulating flow of poses  
• Starting Sept. 22, Oct. 8

**Deeper Practices (Intro)**—Preparation classes of breathing and meditation techniques.  
• Starting Nov. 11

**Deeper Practices (Class)**—Combines yoga philosophy and practices (Intro prerequisite).  
• Starting Sept. 16

**Yogalatte**—Add Pilates to yoga for core-body conditioning.  
• Starting Sept. 15, Sept. 16

## AGING WELL

For details and to register, call 610-402-CARE.

**College of Knowledge** **FREE**  
Caregiver Education—Sept. 9  
Delirium—Oct. 14

**BenefitsCheckUp** **FREE**

**55-Alive Driver Safety Program**

**Medicare Counseling** **FREE**

**Safe Steppin'**—Learn how to prevent falls and improve balance.





## RAISING A FAMILY

For details and to register, call 610-402-CARE.



### Parenting Redirecting Children's Behavior (RCB)

**Series**—Five-week course to be a more effective, calmer parent

**Workshops**—Apply the RCB philosophy to hot parenting topics.

#### Homework Hassles

• Sept. 29

### Safe Ride—Car Seat

**Safety**—Certified technicians show how to correctly install car seats and secure children. **FREE**

**Raising a Family**—Our flyer gives details for all programs listed below. Get your copy at 610-402-CARE or [lvhn.org/healthyyou](http://lvhn.org/healthyyou).

#### Pregnancy and Childbirth

- Expectant Parent Tour
- Fit to Be Mom
- My Baby and Me Sibling Tour
- Pregnancy 101
- Pregnancy Massage
- Prenatal Exercise—Fit to Be a Mom
- Prepared Childbirth Series
  - One-Day Series
  - Weekend Refresher
  - On the Internet

#### Caring for Baby

- Baby Care
- Breastfeeding
  - Breastfeeding Baby
  - Monday Morning Moms
- Babysitting
  - Safe Sitter
  - CPR for Safe Sitter Student
- Depression after Delivery—Postpartum Support



## SCREENINGS

For details and to register, call 610-402-CARE.

### Depression **FREE**

Anonymous and confidential.

- Oct. 8  
At LVH-Cedar Crest, 11 a.m.-2 p.m.
- At LVH-Muhlenberg, 4-7 p.m..

### HIV **FREE**

Anonymous and confidential.

- Tue., 1:30-3 p.m. and Thu., 10-11:30 a.m.
- At LVH-17, AIDS Activities Office

### Keep Fit and Stay Healthy—

Blood sugar and cholesterol; dietitian explains test result interpretation. **FREE**

- Sept. 21 at Healthy You Fitness Center—Cedar Crest
- Oct. 19 at Human Performance Center
- Nov. 16 at Healthy You Fitness Center—Muhlenberg

### Lung Cancer

### Osteoporosis **FREE**

### Vascular Disease

Stroke  
Abdominal Aneurysm  
Peripheral Arterial Disease

## MANAGING YOUR WEIGHT

For details and to register, call 610-402-CARE.

### Weight-Loss Surgery

#### Surgery Information Night—

What to expect. **FREE**

- Sept. 16, Oct. 1, Oct. 14, Nov. 5, Nov. 17

**Monthly Support Group**—Support and information on weight-loss surgery. **FREE**

- Sept. 23, Oct. 28, Nov. 18

### Weight Management Services

#### Individual

**Nutrition Counseling**—Assessment, body-fat analysis and goal-setting.

**Nutrition Counseling/Metabolism Body Composition Test**—Counseling plus personal metabolism test and interpretation.

**Six-Month Supportive Weight Loss Program**—Individualized expert-level care for nutrition, behavior and fitness. **Group**

**Eating Well for Life**—Learn healthy food choices for weight management.

- Part 2, starting Oct. 7

### The Acute Aortic Treatment Center is:

- Recognized by the nation's most prestigious vascular accrediting organization
- Educating local first responders to quickly identify the warning signs of a ruptured aortic aneurysm
- The first in the region to offer Endovascular Aneurysm Repair (EVAR), a procedure that repairs aneurysms through a small incision

### "I feel very lucky to be alive."

Nancy Heinick is indeed fortunate. Not long ago, the 80-year-old Allentown woman was having severe abdominal pain and drifting in and out of consciousness. At Lehigh Valley Health Network, doctors detected a ruptured aneurysm (bulge) in her aorta. The internal bleeding was so severe she had only a 50 percent chance of survival.

With protocols in place, caregivers at the health network's Acute Aortic Treatment Center were prepared to perform the immediate surgery Heinick needed. Vascular surgeon Eric Wilson, M.D., and his colleagues quickly operated, sewing a mesh tube into her aorta to stop the bleeding and save her life. Nearly recovered now, Heinick looks forward to returning to her active life of aerobics, church activities and serving on the Salvation Army Women's Auxiliary Board. "I should have died," she says, "but I'm alive for a reason."





## COPING WITH ILLNESS

For details and to register, call 610-402-CARE.

**Get Up and Go**—Group exercise for those with Parkinson's disease or other movement disorders.

**Joint Replacement Prep**—What to expect for total knee or hip replacement. **FREE**

- Sept. 17, Oct. 6, Oct. 15, Nov. 3
- Oct. 15, Nov. 11

**Parkinson's Symposium**—For patients and caregivers; conference, educational materials. **FREE**

- Sept. 26

**For Cancer Patients**

**Adolescent Support Group** **FREE**

**Bereavement Support Group** **FREE**

**Breast Cancer Survivors' Workshop and luncheon**

- Nov. 6

**Cancer Survivors' Celebration**—

For anyone who has been touched by cancer, join guest speakers. Lunch provided. **FREE**

- Sept. 19

**Lehigh Valley Chapter of the National Ovarian Cancer Coalition** **FREE**

**Look Good, Feel Better**—Boost self-esteem during and after cancer treatment. Learn from cosmetology professionals. **FREE** With the American Cancer Society

- Oct. 19

**Lymphedema Support Group** **FREE**

**Men Facing Cancer** **FREE**

**Preparing for Breast Cancer Surgery** **FREE**

**For Stroke Patients**

**Lunch 'n' Learn for Stroke Survivors and Family** **FREE**

**Stroke Exercise/Educational Program**

**Stroke Support Group** **FREE**

**For MS Patients**

**Autumn Assembly Program**—Evolving concepts in MS treatments for patients and caregivers; lunch provided. **FREE**

- Oct. 17

**Dinner and Discussion** **FREE**

**Lunch 'n' Learn**

**MS School** **FREE**



## PROTECTING YOUR HEALTH

For details and to register, call 610-402-CARE.

**Cessation, What Works?**—How to succeed in beating tobacco addiction. **FREE**

- Oct. 15

**Clear the Air**—Prepare to quit tobacco. Get tools to take action, stay motivated.

- Sept. 15, Nov. 12

**Ornish Support Group**—Weekly support for those following the Dr. Dean Ornish Program for Reversing Heart Disease®. **FREE**

**Tobacco Treatment Program**—12-month program of individual counseling and ongoing support.

**CPR**

- Fundamentals of Basic Life Support
- BLS Renewal
- Heartsaver Pediatric
- Heartsaver AED and First Aid

**Coalition for a Smoke-Free Valley**

- Secondhand Smoke
- Advocacy
- Keep Us Healthy



A Passion for Better Medicine drives Lehigh Valley Health Network to keep you well. That's why we publish *Healthy You* magazine—to educate you, your family and your community on how to enjoy a healthier life.

We'd love to hear from you. Send your comments to:

**Healthy You**  
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\*Dietitians with Sodexo

For information or a referral to any of the professionals featured in *Healthy You*, call 610-402-CARE or visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou).

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## "I took off one paper clip after each radiation treatment."

John Tycholiz learned the motivational technique in the Air Force: Make a chain of paper clips and count them off to track your progress. His chain was 44 clips long, one for every treatment he needed for prostate cancer. "As it got shorter, it helped me stay positive," says the 68-year-old Macungie man.

Tycholiz had state-of-the-art RapidArc therapy under the care of radiation oncologist Charles Andrews, M.D. RapidArc rotates around the patient to quickly and accurately deliver radiation to cancer cells while minimizing the dose to healthy tissue. Tycholiz's treatments took two minutes each, versus 15 minutes or more for standard radiation. That was good news for a patient who continued working full-time through his five-day-a-week treatment. He felt fatigued, but it was a small price to pay for the news he received when he reached the last paper clip. "I'm cancer-free and life goes on," he says.

### Lehigh Valley Health Network has:

- The largest cancer program in the region and fourth-largest in Pennsylvania
- The highest available accreditation from the American College of Surgeons' Commission on Cancer
- Cancer specialists who work as a team to ensure the best treatment
- Research to study and improve elderly patients' outcomes
- Ongoing research projects to discover even more effective treatment methods



**Support was vital**—From the time he was diagnosed with prostate cancer, John Tycholiz (left) drew strength from his family, friends, caregivers and co-workers at Panera Bread (including Jeffry Richardson, center, and Chuck Lambert). That's why he's reaching out to other men. "You can't do it by yourself," he says.

A Passion for Better Medicine<sup>SM</sup>



L E H I G H V A L L E Y H E A L T H N E T W O R K

“They had one shot to save my life,  
and they aced it.”



Frank McKelvey is familiar with high pressure situations. As a former Philadelphia police officer, he'd experienced his share of incidents where things can go from bad to worse.

So when a headache and severe neck pain struck him out of the blue, he knew in seconds he was in trouble. An aneurysm behind his eyes had burst.

P. Mark Li, M.D., Ph.D., of Lehigh Valley Health Network and his experienced team performed brain surgery at Lehigh Valley Hospital-Cedar Crest to repair the aneurysm and eliminate the danger.

Days later, McKelvey was released from the hospital. Today he's back in the game and on the course with his son, Frank.

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